



## CARDIO/STRENGTH CLASSES

**Balletone: Standing Flow** – a barefoot fusion-style conditioning program specifically for the non-dancer blending techniques drawn from dance, Pilates, and fitness. Fun and invigorating, Standing Flow keeps you moving, mentally focused with a body blast leaving no muscle untouched!

**Body Step** – This is an energizing workout that uses a height-adjustable step. . Class is organized into *cardio blocks* which feature fat-burning choreography segments (simple movements on, over and around the step), and *muscle-conditioning blocks* which shape and tone your body.

**Body Combat** – Get ready to be unleashed! This fiercely energetic class is inspired by martial arts and draws from the disciplines of Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Burn calories as you punch, kick, and kata while listening to driving music.

**Body Pump** – Format combines high repetition weight training and high energy into one exercise program. Participants use a combination of free weights and a barbell to strengthen major muscle groups.

**Body Pump Express** – Thirty minutes of intense weight training for **participants who are already warmed up**. Lunges & squats, chest, back, biceps, triceps BP tracks will be the focus. Set-up early because class starts at exactly 7:55a (Wed).

**Body Stretch** – Gain flexibility and strength while combining the benefits of yoga, Tai Chi, and Pilates. Warm up is flowing Tai Chi moves to center and warm your body, followed by Pilates and yoga poses designed to add tone and increase range of motion. The last ten minutes are reserved for meditation which will leave you centered, calm and refreshed.

**Boot Camp** – Get ready to sweat, as you reap the benefits of this ultimate calorie-burning hour of cardiovascular drills, plyometric exercises and more!

**Core Conditioning** – Twenty-five minute class that strengthens and stabilizes the entire core: rectus abdominis, obliques, hip flexors, gluts, hamstrings, and lower back extensor muscles. Cutting-edge floor work and stability ball exercises are used to enhance abdominal definition and increase core strength.

**Foam Roller Workout** – A total body program using the foam roller for stretching and strengthening. First, reduce muscle tension with targeted, myofascial-release exercises (deep-muscle massages). Next, build flexibility and core strength with Pilates-style roller routines.

**Hi/Lo Body Pump Combo** – Get the benefits of Body Pump strength-training and cardio in one hour! Class consists of alternating five minute sections of Body Pump and cardio guaranteed to leave you stronger and sweatier!

**Nia** – Enjoy an approach to fitness that addresses the whole person: mind, body, emotions and spirit. Nia is an expressive blend of martial arts, dance, yoga and more. Through a variety of dance-like routines, Nia delivers a deceptively powerful cardiovascular workout that will enhance your coordination and leave you toned, strong and energized. Enjoy delicious musical grooves from around the world, and expect to be moved!

**Piloxing** – Come try the latest Hollywood craze! PILOXING uniquely blends power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. It is a fat-torching, muscle sculpting, core-centric interval workout guaranteed to whip you into shape!

**R.I.P.P.E.D** – Experience this total body “plateau proof fitness formula” workout utilizing resistance and cardio training, masterfully combining, **Resistance, Intervals, Power, Plyometrics, and Endurance!**

**Strictly Strength** – This multi-level class is for anyone who wants to develop muscular strength and endurance. We’ll tackle basic resistance training exercises using traditional, strategic weight training principles. This easy-to-follow workout challenges every major muscle group using a variety of equipment.

**Strength/Core Conditioning** – This multi-level class is for anyone who wants to develop muscular strength and endurance. We’ll tackle basic resistance training exercises using traditional, strategic weight training principles. This easy-to-follow workout challenges every major muscle group using a variety of equipment.

**Total Body Conditioning**– (TBC) A triple whammy! This class integrates segments of aerobic conditioning, strength training, and core development. Easy to follow and guaranteed to challenge every fitness level! “Hi-Lo” refers to athletic cardio combinations on the floor with no step!

**Total Step**– This is a challenging cardio workout consisting of choreographed segments on and off the classic Step, invented by fitness expert, Gin Miller. Work hard, burn fat while having fun exercising to motivating dance music!

**Tred & Shed** – Can’t get motivated to turn on the treadmill? This class will give you all the push you need! Personal trainers will coach you through this workout as you walk quickly, up an incline; walk backwards – anything goes in this easy-to-follow class. Just bring your energy, and join us on the fitness floor for this un-intimidating workout that will have you shedding extra pounds while having fun.

**Triple Threat** – Burn, sweat, tighten and melt your body with three work-outs in one session: strength training, core conditioning, and cardio drills! Participants can take the whole class or come in for just particular sections! Get ready to work every muscle from head to toe, and burn hundreds of calories, in a motivated group setting!



# Cardio/Strength Classes

Oct. 31-Dec. 18, 2011

All classes are MULTI-LEVEL and held in the Main Studio unless otherwise noted. "*Italics*" denotes new class, time, or instructor.

<b>MONDAY</b>	6:00-7:00a	Boot Camp	Aaron
	8:30-9:30a	Total Body Conditioning	Lisa H.
	11:00-12:00p	Nia	Margaret
	4:30-5:30p	Body Pump	Michelle
	5:35-6:25p	Body Combat	Erin
	6:30-7:30p	Body Pump	Erin
<b>TUESDAY</b>	5:30-6:30a	Strength/Core Conditioning	<i>Sue</i>
	8:00-8:25a	Core Conditioning	Lora
	8:30-9:25a	Piloxing	Amy C.
	10:05-11:05a	Balletone: Standing Flow *meets in Mind/Body studio	Lesley
	10:20-11:20a	Body Pump	Maria F.
	12:35-1:35p	Nia	Pat
	<i>5:00-6:00p</i>	<i>Tred 'n Shed</i> *meets at Fitness Desk	<i>Michele</i>
5:30-6:30p	Total Step	Jodi	
	<i>6:30-7:15p</i>	Piloxing	Gemma
<b>WEDNESDAY</b>	6:00a-7:00a	Boot Camp	Aaron
	8:30-9:25a	R.I.P.P.E.D.	Lora
	9:30-10:25a	Simply Strength	Lora
	<i>10:30-11:25a</i>	Nia	Margaret
	5:00-5:25p	Core Conditioning	Liz
5:30-6:25p	Triple Threat	Liz	
6:30-7:30p	Body Pump	Kaye	
<b>THURSDAY</b>	5:30-6:20a	Strength & Core Conditioning	Sue
	8:00-8:25a	Core Conditioning	Amy
	8:30-9:30a	Hi/Lo Body Pump Combo	Amy
	<i>10:30-11:25a</i>	Foam Roller Workout *Mind/Body Studio	Liz
	10:30-11:30a	Body Pump	Gemma
	12:35-1:35p	Nia	Pat
5:30-6:30p	Body Step	Erin	
<b>FRIDAY</b>	8:00-8:25a	Core Conditioning	Lora
	8:30-9:25a	Total Body Conditioning	Lisa H.
	9:30-10:25a	Piloxing	Gemma
	10:30-11:15a	Body Stretch	Gemma
	5:00-6:00p	Tred 'n Shed *meets at Fitness Desk	Michele
<b>SATURDAY</b>	7:15-7:55a	Strength/Core Conditioning	Tev
	8:00-8:55a	Cardio Step	Tev
	9:00-10:00a	Body Pump	Gemma
	10:05-11:05a	R.I.P.P.E.D.	Gemma
	11:10-12:00p	Barre Express	Gemma
<b>SUNDAY</b>	9:10-10:10a	Body Pump	<i>Erin/Kaye</i>
	10:15-11:15a	Body Combat	Gemma

Group Exercise Director, Lisa Hamilton  
lhamilton@lfh.org  
847-535-7173

www.health-fitnesscenters.com